

# FEMALE ROLE MODELS

If girls have never seen women playing sport, it's almost impossible for them to imagine playing themselves. Too often, girls only see certain types of role models, limiting their visions for their own potential. Girls need role models who show them how they can achieve success in all aspects of sport and life.



## STRATEGIES:

- Invite successful women to be guest speakers or do training sessions with your group.
- Encourage girls to be positive role models for one another.
- Create a policy to promote women coaches and leaders.
- Use powerful images of strong female role models (in and outside of sport) that can help girls visualise who a role model might be.